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**Sleep Paralysis**

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# **Sleep Paralysis**

**by**

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**Thesis**

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# **Sleep Paralysis**

**By**

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Sleep Paralysis was written to be performed by a chamber orchestra of 17 performers total. The piece runs between 11 and 12 minutes and has a distinct programmatic approach. This piece attempts to convey the emotions and feelings one might experience when he or she is stricken with sleep paralysis—a condition where one wakes up during sleep but cannot move. Thus, this piece is set up as a dream gone badly. Harmonic and rhythmic tension increase throughout the piece until it reaches a moment of “paralysis” where the harmonies are static and melodies and themes appear in a dream-like fashion. Eventually, the ever-mounting tension resolves to free the listener of the paralysis; however, one should not assume that the paralysis is gone forever.

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**Sleep Paralysis**  
**by Matthew Jackfert**

**Instrumentation (chamber orchestra):**

**Flute (doubling Piccolo)**  
**Oboe**  
**Clarinet in B-flat**  
**Bassoon**

**Horn in F**  
**Trumpet in C**  
**Trombone**  
**Tuba**

**Percussion 1**  
**(chimes, vibraphone, suspended cymbal, bass drum,**  
**3 tom-toms, crotales, slapstick)**  
**Percussion 2**  
**(bass drum, tam-tam, snare drum, suspended cymbal)**

**Harp**  
**Piano/Celeste**

**Violin I**  
**Violin II**  
**Viola**  
**Cello**  
**Bass**

**(only 1 player for each string part is required)**

**Duration: approximately 11-12 minutes**

## Score

## Sleep Paralysis

Matthew Jackfert

Methodical, heavy, slowly gaining momentum ♩ = 52

Flute/Piccolo

Oboe

Clarinet in B $\flat$

Bassoon

Horn in F

Trumpet in C

Trombone

Tuba

Percussion 1

Percussion 2

Harp

Piano/Celeste

Violin 1

Violin 2

Viola

Cello

Bass

*chimes*  
*mf*

*suspended cymbal with sticks*  
*mf*

*(all rips are upward)*

*p*

*p*

*Methodical, heavy, slowly gaining momentum ♩ = 52*  
*no vibrato*

*p*

*p* *legato*

8

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*p*

*p*

*p*



10

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

con sord.

*p*

*mf*

bass drum

*mf*

*mf*

12

Fl.

Ob.

B♭ Cl.

Bsn.

*sim.*

Hn.

*p* *mf*

C Tpt.

*p* *mf*

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.



16

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*p*

*mf*

*p*

*p*

18

Fl. *mf* *p*

Ob.

B♭ Cl. *mf* *p*

Bsn.

Hr. *f*

C Tpt. *f* Senza sord.

Tbn. *f*

Tuba

Perc. 1 tam-tam

Perc. 2 *f* (B.D.)

Hp. *mf*

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

20

Fl. *mf* *f* *p*

Ob. *p* *f*

B♭ Cl. *f*

Bsn. *f*

Hn. *mf* *f*

C Tpt. *mf* *f*

Tbn. *mf* *f*

Tuba *f*

Perc. 1

Perc. 2 *f*

Hp. *mf*

Pno./Cel. *f*

Vln. 1 *f*

Vln. 2 *f*

Vla. *f*

Vlc. *f*

Cb. *f*

22 *poco rit.* **A Slightly slower, sweeter**

Fl. *mf cantabile* 3

Ob. *mf espress.*

B♭ Cl. *espress.*

Bsn. *p*

Hn. *p*

C Tpt. *p*

Tbn. *p*

Tuba *p*

Perc. 1

Perc. 2

Hp. *p sim.*

Pno./Cel. *p*

Vln. 1 *poco rit.* **A Slightly slower, sweeter** *p*

Vln. 2 *p*

Vla. *p*

Vlc. *p pizz.*

Cb. *p*





27

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

28

29

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

arco

*f*

*p*

*p*

*p*

*f*

*p*

*pp*

*poco accel.* B **Tempo I** ♩ = 52

31

Fl.

Ob.

B♭ Cl.

Bsn.

*p* *mf*

Hn.

C Tpt.

Tbn.

Tuba

*sim.*

Perc. 1

*f* *f*

Perc. 2

31

Hp.

*pp*

Pno./Cel.

*f*

*poco accel.* B **Tempo I** ♩ = 52

31

Vln. 1

Vln. 2

*mp* *pp*

Vla.

*mf*

Vlc.

Cb.

*mf*

33

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

con sord.<sub>3</sub>

*f* *ff*

*p*

*f*

*mf*

*p sim.*

*mf*

*p*

*mp*

*pp*

35

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*f* *ff* *mf* *p* *pp*

**C**

**C**

18





47

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*mf*

*f*

*ff*

*mf*

*f*

*ff*

*mp*

*mf*

*pizz.*

*f*

snare drum

53

Fl. *ff*

Ob. *ff* *p* *f*

B♭ Cl. *ff* *p* *f*

Bsn. *mf* *f* *mp*

Hn. 53

C Tpt. *mf* *ff* *p*

Tbn. 53

Tuba *mf* *f* *mp*

Perc. 1 53 *f*

Perc. 2 53 *f* *p* *f*

Hp. 53

Pno./Cel. 53 *p* *f*

Vln. 1 53

Vln. 2 53

Vla. 53

Vlc. 53

Cb. *arco* *mf* *f* *mp*

sus. cymbal with sticks





66

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*mf*

*f*

*mf*

*f*





82

Fl. *piccolo*  
*mf*

Ob.

B♭ Cl.

Bsn. *p*

Hr.

C Tpt. *p* *Con sord.* *mf*

Tbn.

Tuba

Perc. 1

Perc. 2 *tam-tam with soft mallet*  
*mf*

Hp. *mp* *f* *p*

Pno./Cel.

✱

Vln. 1 *p*

Vln. 2 *p*

Vla.

Vlc. *p*

Cb.



89

Fl.

Ob.

B♭ Cl.

Bsn.

*mf* *p* *mp*

Hr.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

scrape tam-tam with snare drum stick *f* *f*

Hp.

Pno./Cel.

✱

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*mf* *p* *pp* *mf* *pp* *mf*

29

106

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*mf*

*ff*

*ff*

*ff*

*mf*

*p*

*mf*

*p*

*f*

scrape tam-tam with snare drum stick

*mf*

*mf*

*pp*

*pp*

5

✱

113

Fl. *pp* *ff* *p* *f*

Ob. *pp* *ff* *p* *f*

B♭ Cl. *pp* *ff* *p* *f*

Bsn. *pp* *ff* *p* *f*

*pp* smoothly change rate of trill throughout *mp* *p*

Hn. *f* Senza sord. *p*

C Tpt. *pp* *ff* *p* Senza sord.

Tbn. *ff* *p* Senza sord.

Tuba *ff* *p*

Perc. 1 *f*

Perc. 2 *ff* *p*

Hp.

Pno./Cel. *f* *f* *ff*

Vln. 1 *p* *mf* *pp* *ff* *p* *f* break out of paralysis

Vln. 2 *p* *mf* *pp* *ff* *p* *f*

Vla. *f* *ff* *p* *f*

Vlc. *f* *ff* *p* *f*

Cb. *ff* *p* *f*

**H**  $\text{♩} = \text{♩}$

Fl.

Ob.

B♭ Cl.

Bsn.

Hn. <sup>121</sup> *f*

C Tpt. *f*

Tbn. *f*

Tuba *f*

Perc. 1 <sup>121</sup>

Perc. 2 <sup>121</sup> *f* *p*

Hp. <sup>121</sup>

Pno./Cel. <sup>121</sup>

**H**  $\text{♩} = \text{♩}$

Vln. 1

Vln. 2 *f*

Vla. *f*

Vlc. *f*

Cb. *f*

127

Fl. *mf* *f* *flute*

Ob. *mf* *f*

B♭ Cl. *mf* *f*

Bsn.

Hn. 127

C Tpt. *p* *f*

Tbn.

Tuba

Perc. 1 127 *f* *toms*

Perc. 2 127

Hp. 127

Pno./Cel. 127 *f*

Vln. 1 127 *pizz.* *f*

Vln. 2 *f* *pizz.*

Vla. *f* *pizz.*

Vlc. *f* *pizz.*

Cb. *f* *pizz.*



35



36

37

This musical score page contains measures 159 through 164. The instrumentation includes Flute (Fl.), Oboe (Ob.), Bass Clarinet (B♭ Cl.), Bassoon (Bsn.), Horn (Hn.), Trumpet (C Tpt.), Trombone (Tbn.), Tuba, Percussion 1 (Perc. 1), Percussion 2 (Perc. 2), Harp (Hp.), Piano/Cello (Pno./Cel.), Violin 1 (Vln. 1), Violin 2 (Vln. 2), Viola (Vla.), Violoncello (Vlc.), and Contrabass (Cb.). The score is written in 3/8 and 4/4 time signatures. Key features include:
 

- Woodwinds:** Flute, Oboe, Bass Clarinet, and Bassoon all play a melodic line starting in 3/8 time and continuing in 4/4 time, marked with a forte (*f*) dynamic.
- Brass:** Horns, Trumpets, Trombones, and Tuba provide harmonic support with sustained notes and rhythmic patterns.
- Percussion:** Percussion 1 includes a suspended cymbal effect starting in measure 164, marked *p*. Percussion 2 plays a continuous rhythmic pattern of eighth notes.
- Strings:** Violins 1 and 2, Viola, Violoncello, and Contrabass play a complex rhythmic and melodic accompaniment, often using triplets and sixteenth notes.
- Piano:** The Piano/Cello part features a dense, rhythmic accompaniment with many triplets and sixteenth notes.

164 K

Fl. *p* *f* *p*

Ob. *p* *f* *p*

B♭ Cl. *p* *f* *p*

Bsn.

Hr. *ff* *p*

C Tpt. *con scrd.* *ff* *p*

Tbn. *ff* *p*

Tuba *ff* *p*

Perc. 1 *f* *L.v.* *vibraphone* *mf*

Perc. 2 *ff*

Hp.

Pno./Cel. *ff*

Vln. 1 *ff* *p*

Vln. 2 *ff* *p*

Vla. *ff* *p*

Vlc. *ff* *p*

Cb. *ff* *p*

170

Fl. *pp*

Ob. *pp*

B♭ Cl. *pp* *mp* *pp*

Bsn.

Hn. *con sord.* *subitof* *p* *p*

C Tpt. *con sord.* *gliss. from 5th to 6th position* *mf*

Tbn. *p* *f*

Tuba

Perc. 1 *arco* *p* *f*

Perc. 2 *f* *p* *f* *susped cymbal with bow*

Hp.

Pno./Cel. *celeste*

Vln. 1 *f* *pp* *gradually slow down tremolo and move to legato*

Vln. 2 *f* *pp* *gradually slow down tremolo and move to legato*

Vla. *f* *pp* *gradually slow down tremolo and move to legato*

Vlc.

Cb.

*rit.*

178

Fl.

*p* *mf* *p*

Ob.

*p* *mf* *p*

B♭ Cl.

Bsn.

Hr.

*mf* *p*

C Tpt.

*p*

Tbn.

Tuba

Perc. 1

*p* *fp* *f* *sim.*

Perc. 2

roll tam-tam with sticks

*pp* *mp* *pp*

Hp.

Pno./Cel.

piano

*f*

3

Vln. 1

*p* *mp*

Vln. 2

*p*

Vla.

pizz.

Vlc.

*p*

Cb.

**L**      **Tempo I** ♩ = 52

Fl. *mf cantabile* 3

Ob. *mf*

B♭ Cl.

Bsn.

Hn. 184

C Tpt.

Tbn. *p* 5 5 5

Tuba

Perc. 1 *p lightly*

Perc. 2 184 *f* 3 *p* *L.v.* *sus. cymbal with sticks*

Hp. *p lightly* *sim.*

Pno./Cel. 184 *p lightly* *sim.*

**L**      **Tempo I** ♩ = 52

Vln. 1 *p*

Vln. 2 *mp* *p*

Vla. *p* *mp*

Vlc.

Cb.





195

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

Tempo I ♩ = 52

with vibrato

Fast, pulsating ♩ = 138

*f*

*p*

*fp*

*mf*

45

208

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

*mf*

*p*

*f*

bass drum

*molto rit.*

musical score for the orchestral section of "The Marriage of Figaro" by Wolfgang Amadeus Mozart, Act 1, Scene 1. The score is for measures 213 to 218. It includes parts for Flute (Fl.), Oboe (Ob.), Bass Clarinet (B♭ Cl.), Bassoon (Bsn.), Horn (Hn.), Trumpet (C Tpt.), Trombone (Tbn.), Tuba, Percussion 1 (Perc. 1), Percussion 2 (Perc. 2), Harp (Hp.), Piano/Cello (Pno./Cel.), Violin 1 (Vln. 1), Violin 2 (Vln. 2), Viola (Vla.), Violoncello (Vlc.), and Contrabass (Cb.). The tempo is marked "molto rit." (very slow). The key signature is one sharp (F#). The time signature changes from 2/4 to 3/4 and back to 2/4. The score features various musical notations including notes, rests, dynamics (ffp, mf, f), and articulation marks.

**N** **Broad; Dramatic** ♩ = 58

Fl. *f* legato *p*

Ob. *f* legato *p*

B♭ Cl. *f* legato *mf*

Bsn. *f* legato *mf*

Hr. *f* legato *mf*

C Tpt. *f* legato *ff*

Tbn. *ff* *espress.*

Tuba *f* legato *mf*

Perc. 1 *f*

Perc. 2 *f*

Hp. *f*

Pno./Cel.

**N** **Broad; Dramatic** ♩ = 58

Vln. 1 *f* legato *mf*

Vln. 2 *f* legato *mf*

Vla. *f* legato *mf*

Vlc. *f* legato *mf*

Cb. *f* legato *mf*

*rit.*

227

Fl.

mf

f

p

Ob.

mf

f

p

B♭ Cl.

f

mf

Bsn.

f

3

3

3

3

Hn.

3

f

3

3

C Tpt.

f

3

3

Tbn.

f

Tuba

f

Perc. 1

p

f

Perc. 2

Hp.

Pno./Cel.

f

mf

p

Vln. 1

*rit.*

Vln. 2

f

Vla.

f

3

3

3

3

Vlc.

f

3

3

3

3

Cb.

f

3

3

3

3

**Tempo I** ♩ = 52

231/ piccolo  
*mf cantabile*

Fl.

Ob.

B♭ Cl.

Bsn.

*p*

*pp*

Hn.

231/

C Tpt.

*pp*

Tbn.

Tuba

Perc. 1

231/

Perc. 2

231/

Hp.

Pno./Cel.

231/

**Tempo I** ♩ = 52

231/

Vln. 1

*sim.*  
*p*

Vln. 2

*sim.*  
*p*

Vla.

*p*

Vlc.

*p*

Cb.

*p*

235

Fl.

Ob.

B♭ Cl.

Bsn.

Hn.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.

3

3



52

241

Fl. *pp* *p* *mf* *p*

Ob. *p* *mf* *p* *p* *mf* *p*

Bs. Cl. *mf* *p* *mp* *mf* *p*

Bsn. *p* *p* *mf* *p*

Hn. *mf* *p*

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2 bowed tam-tam *p* *f* *p*

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc. *pizz.*

Cb. *mf* *mf*

246 *rit.* ♩ = 52

Fl.

Ob.

Bs. Cl.

Bsn.

Hr.

C Tpt.

Tbn.

Tuba

Perc. 1

Perc. 2

Hp.

Pno./Cel.

Vln. 1

Vln. 2

Vla.

Vlc.

Cb.